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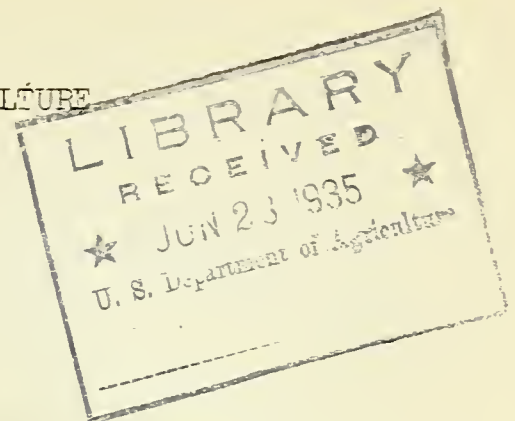


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UNITED STATES DEPARTMENT OF AGRICULTURE

U.S. Bureau of Home Economics  
Washington, D.C.



VITAMIN CONTENT OF FOODS -

A DIGEST OF AVAILABLE DATA:

By Hazel E. Munsell and Esther <sup>Charlotte</sup> (Peterson) Daniel 1899-

A compilation of data on the vitamin content of foods has been a major project of the Nutrition Studies Section for the past three years. A complete review of the literature has been made and all data of a quantitative nature have been appraised and tabulated. This material is being prepared for printing by the Department of Agriculture.

Since the detailed presentation will not completely meet the needs of dietitians and others planning or analyzing diets, a digest of the material for the more common foods is incorporated in the following short table now made available for the convenience of those who are in urgent need of vitamin values.

Except for vitamin D the values are expressed in terms of Sherman units, since there are not yet many data that can be evaluated in terms of International units. The figures given apply only to the fresh edible portion. For products that have been cooked, canned, or otherwise treated, proper allowance must be made for vitamin loss.

Vitamin Content of Foods

	Units <sup>1/</sup> per 100 grams -				
	Vitamin A	Vitamin B <sub>2</sub>	Vitamin C	Vitamin D	Vitamin G
Alfalfa leaf meal (dried)-----	12,000				
Almonds -----		100			
Apples-- -----	80	25			20
"    Baldwin and Yellow					
"    Newton -- -----			25		
"    Northern Spy, Spitzen-					
berg and Stayman					
"    Winesap-----			10		
"    Delicious, Jonathan,					
and McIntosh-----			4		
Apricots-----	5,400		6		
"    dried, commercial---	7,000		20		
Artichokes, globe --- -----	280		18		
"    Jerusalem -----		55			
Asparagus, green -----	700		40		
"    bleached -----	0		40		
Avocado-----	500		18		55
Banana-----	275	30	18		35
"    powder -----	1,000	100	5		100
Barley -----	0	110	0		
Beans, green, string-----	1,000	40	25		25
"    dried pinto-----		1,000			
"    dried red kidney-----		250			Trace
Beef, lean -----	75	50			125
Beets-----	0		10		50
Beet tops -----					250

Continued

<sup>1/</sup> Values for vitamins A, B, C, and G are given in Sherman units and for vitamin D in International units

<sup>2/</sup> Vitamin B differentiated from vitamin G unless starred. A star indicates that the value was determined by the old method before vitamin G was recognized as a distinct factor.



	Units <sup>1/</sup> per 100 grams -				
	Vitamin A	Vitamin E <sup>2/</sup>	Vitamin C	Vitamin D	Vitamin G
Blackberries-- -----	200		6		
Blueberries, high bush ----			23		
" low bush ----	25		6		
Broccoli, entire plant ----			18		140
" flower -----	7,000	65			275
" flower and stem--		35			
" leaf -----	30,000	65			275
" stem -----	1,500				75
Brussel sprouts -----	300		55		
Buckwheat -----		220			
Butter, cows on dry feed --	1,200			40	
" cows on pasture----	3,500			150	
Cabbage, head:					
Young (partly green)-----	50	50	55		60
Mature (bleached)-----	0	50	55		40
Red -----			55		
Chinese -----	2,000	25	50		25
Cane sirup-----	0	0	0		0
Cantaloup -----	425	20	35		
Carrots, young-----	3,000	50	7		50
" mature -----	5,500	50	7		50
Cauliflower -----	50		55		60
Celery, stalks, green-----	1,500		10		
" " bleached --	15		10		
Chard-----	17,200				
Cheese, Cheddar -----	2,500				200
" cottage -----	80				
" cream -----	3,500				45
" Parmesan -----	1,250				

Continued

		Units <sup>1/</sup> per 100 grams -				
		Vitamin A	Vitamin B <sub>2</sub>	Vitamin C	Vitamin D	Vitamin G
Cherries -----				20		
" Lambert -----		20				
" Deacon and Bing-----		200				
" Royal Ann and Early :						
Richmond -----		450				
" Late Duke and						
Montmorency-----		800				
Chestnuts --- -----			110			
Chicken liver -----				30	55	
Chickpea, dried -----		50	* 500			
Cider, fresh-----				Same as apples from which made		
Clams -----		20			5	
Cod fish -----		5				
Cod-liver oil -----		the values given on the container should be used				
Collards -----		4,500	60	100		100
Corn, sweet -----				17		
" dried, white -----		0	130			
" " yellow -----		600	130			
Corn oil, refined -----		0			0	
Cottonseed flour -----		0	470			170
Cottonseed oil -----		0	0		0	0
Cowpeas, dried -----		250				140
Cranberries -----		20	0	25	0	0
Cream (20 percent) -----		750				
Cucumbers -----		25		25		
Dandelion -----		25,000				
Dates, commercial, cured ----		140	40	0	0	0

Continued



	Units <sup>1/</sup> per 100 grams				
	Vitamin A	Vitamin B <sup>2/</sup>	Vitamin C	Vitamin D	Vitamin G
Dock, leaves -----	19,000				
Eggplant -----	50		7		
Eggs -----	1,000	50	0	15	110
" : whites -----	0	0		0	80
" : yolks -----	3,000	150		45	170
Elderberry -----			5		
Endive -----			20		
Escarole -----	20,000		10		95
Figs -----	40	35	4		50
" dried, commercial -----	36	33	0		40
Flour, patent, (wheat) -----	0	5	0		
Gooseberries -----			50		
Grapefruit -----	0	20	52		40
Grapefruit juice -----	0		65		
Grapes -----	25	20	3		0
Grape juice, commercial -----	0	0	0		0
Haddock -----	5				
Hazelnut -----		220			
Heart, beef -----					300
" mutton -----		88			
Honey -----	0	0	0	0	0
Horseradish -----			200		
Kale -----	30,000	50			200
Kidney, beef or veal -----					900
" mutton -----	825	88			
Kohlrabi -----		* 25	110		

Continued

	Units <sup>1</sup> / per 100 grams				
	Vitamin A	Vitamin B <sup>2</sup>	Vitamin C	Vitamin D	Vitamin G
Lamb's quarters -----	14,000				
Lard -----	5				
Leeks -----		55	25		
Lemon, juice -----	0		65		
Lettuce, green -----	4,000	35	8		50
" bleached, Iceberg-----	125	35	8		25
Liver, beef-----		75		45	1,000
" calf-----	7,300		*	10	900
" lamb -----			*	17	
" Pig -----	8,000		*	44	
Milk, whole -----		20	2		60
" " cows on dry feed :	80			1	
" " cows on pasture :	250			4	
Milk, whole, dried-----		150		0	500
" " " cows on :					
" " " dry feed--:	650				
" " " cows on :					
" " " pasture--:	2,000				
Milk, skim -----	2				
" " dried-----	20	180			625
Molasses -----		0			
Oats -----	0	135	0		
Okra -----	600				
Olives, canned:					
Green -----	280				
Ripe, Manzanillo -----	250	3	0	0	0
" Mission -----	100				
Olive oil, refined -----	0			0	
Onions-----	0	10	15		10

Continued

	Units <sup>1/</sup> per 100 grams				
	Vitamin A	Vitamin B <sup>2/</sup>	Vitamin C	Vitamin D	Vitamin G
Orange juice -----	67	60	65		35
Oysters -----	200	150		5	
Parsley -----	75,000		150		
Parsnips -----		75			
Peaches, white -----	5		12		
" yellow -----	1,000				
" yellow, dried not stored-----	4,500	*	50		
Peanuts-----		650			200
Pears -----	12	* 35	7		75
Peas, green-----	1,000	* 50	40		
" dried -----	1,250	140	0		125
Pecans-----	200	*100			
Peppers, green -----	950	* 12	200		
" red -----	5,500		250		
Pigeonpea -----	250	*300			200
Pineapple -----	80	50	25		25
Plums -----			10		
Pork, lean muscle-----	0	370		*	125
Potatoes, white -----	40	40	15		25
Prunes-----	2,000		8		
" dried, commercial--	2,500		16		260
Pumpkin -----			10		
Quince -----			9		
Radish -----		* 25	50		
Raisins -----	70	0	0		

Continued

	Units <sup>1/</sup> per 100 grams -				
	Vitamin A	Vitamin B <sup>2/</sup>	Vitamin C	Vitamin D	Vitamin G
Raspberries -----			35		
Rice, brown -----		110			
" polished -----	0	0	0		
" polishings -----		600			75
Roe -----	3,000	140			
Rutabagas, white or yellow-----			40		
" White -----	0				
Rutabaga juice -----			45		
Rye -----		110	0		
Soybeans, dried, yellow-----		500			900
Spinach-----	25,000	60	80		125
Squash, Britton -----	2,000				
Strawberries-----			50		
Sweetpotatoes, yellow -----	5,000	70	15		35
Tangarines -----			50		
Tomatoes, mature, green -----	800	33	25		
" ripe, red -----	1,500	35	30		12
Turnips, white or yellow -----		30	40		20
" white -----	0				
" yellow -----	16				
Turnip greens -----	High	60	100		300
Veal -----					125
Watercress -----		60	100		100
Watermelon -----	90	17	14	0	14
Wheat -----	15	150	0		80
" bran -----		200			
" germ -----		1,200			300



